

Content/Key Activity	Procedures/Instructional Technique Notes:	Estimated Time
<p>Refresher – Discuss Disabled Joy in concept – what is bringing you joy today – every life contends with ability and every joy is a life-giving force itself. We can own our joy and define it for our selves</p> <p>Meditative - self-compassion of the body- Feel free to make any notes “in the margin” in the page or mind</p> <p>14 century armour illustration</p> <p>Living in ones body and society’s creation of disability according to the social model of Disability</p> <p>L (reader) to read Silver Shell Girl, Helen Seymour</p> <p>Discussion – visual description for Frida Kahlo paintings – known for painting about her experience of chronic pain she was disabled by polio as a child, Kahlo had been a promising student headed for medical school until being injured in a bus accident at the age of 18, which caused her lifelong pain and medical problems.</p> <p>Concern ourselves for a moment with life with a body experience that is a component of your ability, or any different body experience – look at Frida</p>		

Kahlo pieces – time and roots restricting movement,

Think of a poetic image that could change experience, of body or movement – e.g. attached by weight or balloons

Followed by a tiger

Time

Being a robot

Being outmatched in a boxing match

Be careful to do an image comfortable to you, you don't have to share

Also don't worry about accuracy – mention magic realism

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